

**CLAIMS**

1. A method for treatment of a symptom associated with Metabolic Syndrome in a human subject in need thereof comprising periodically orally administering to the human subject  
5 3,3,14,14 tetramethyl hexadecane 1,16 dioic acid in an amount from about 30mg per day to about 800 mg per day.
2. A method for elevating the plasma level of HDL cholesterol in a human subject in need thereof comprising periodically orally administering to the human subject 3,3,14,14 tetramethyl  
10 hexadecane 1,16 dioic acid in a range from about 30mg per day to about 800 mg per day.
3. The method of claim 2 wherein the plasma level of HDL cholesterol is elevated by at least 5% as compared to the level prior to treatment and/or above at least 30 mg/DL.
- 15 4. The method of claim 3 further comprising maintaining the plasma level of HDL cholesterol at least 5% above the level prior to the treatment and/ or above at least 30 mg/DL.
5. A method for decreasing the plasma level of LDL cholesterol in a human subject in need thereof comprising periodically orally administering to the human subject 3,3,14,14 tetramethyl  
20 hexadecane 1,16 dioic acid in a range from about 30mg per day to about 800 mg per day.
6. The method of claim 5 wherein the plasma level of LDL cholesterol is decreased by at least 10% as compared to the level prior to treatment and/or below at least 190 mg/DL.
- 25 7. The method of claim 6 further comprising maintaining the plasma level of LDL cholesterol at least 10% below the level prior to treatment and/or below at least 190 mg/DL.
8. A method for decreasing the plasma level of triglycerides in a human subject in need thereof comprising periodically orally administering to a human subject 3,3,14,14 tetramethyl  
30 hexadecane 1,16 dioic acid in a range from about 30mg per day to about 800 mg per day.

9. The method of claim 8 wherein the plasma level of triglycerides is decreased by at least 10% as compared to the level prior to treatment and/or below at least 200 mg/DL.
10. The method of claim 9 further comprising maintaining the plasma level of triglycerides at least 10% below the level prior to treatment and/or below at least 200 mg/DL.
11. A method for the treatment of dislipoproteinemia in a human subject in need thereof comprising periodically orally administering to the human subject 3,3,14,14 tetramethyl hexadecane 1,16 dioic acid in a range from about 30mg per day to about 800 mg per day.
12. A method for the treatment of hyperlipidemia in a human subject in need thereof comprising periodically orally administering to the human subject 3,3,14,14 tetramethyl hexadecane 1,16 dioic acid in a range from about 30mg per day to about 800 mg per day.
13. A method for the treatment of hypertension in a human subject in need thereof comprising periodically orally administering to the human subject 3,3,14,14 tetramethyl hexadecane 1,16 dioic acid in a range from about 30mg per day to about 800 mg per day.
14. The method of claim 13 wherein the cystolic and/or diastolic blood pressure is decreased to below at least 160mmHg systolic and /or 100mmHg diastolic.
15. The method of claim 14 further comprising maintaining the blood pressure below at least 160mmHg systolic and /or 100mmHg diastolic.
16. A method of delaying the onset of non-insulin dependent diabetes mellitus in a human subject susceptible thereto comprising periodically orally administering to the human subject 3,3,14,14 tetramethyl hexadecane 1,16 dioic acid in a range from about 30mg per day to about 800 mg per day.
17. The method of claim 16 whereby the insulin resistance is decreased.

18. The method of claim 16 whereby the plasma level of fasting glucose is decreased to below at least 126 mg/DL.
- 5 19. The method of claim 18 further comprising maintaining the plasma level below at least 126 mg/DL.
20. The method of any one of claims 1-19 wherein the amount is from about 30mg per day to about 600mg per day.
- 10 21. The method of any one of claims 1-19 wherein the amount is from about 30mg per day to about 400mg per day.
22. The method of any one of claims 1-19 wherein the amount is from about 100mg per day to about 600mg per day.
- 15 23. The method of any one of claims 1-19 wherein the amount is from about 200mg per day to about 400mg per day.
- 20 24. The method of any one of claims 1-19 wherein the human subject is a female and the amount is from about 30mg per day to about 600mg per day.
- 25 25. The method of any one of claims 1-19 wherein the periodic administration is effected twice daily.
26. The method of any one of claims 1-19 wherein the periodic administration is effected three times daily.
- 30 27. The methods of any one of claims 1-19 wherein the periodic administration is effected at least once daily for at least 14 days.

28. The methods of any one of claims 1-19 wherein the periodic administration is effected at least once daily for at least 21 days.

5 29. The methods of any one of claims 1-19 wherein the periodic administration is effected at least once daily for at least 30 days.